

**Changes to the Abstract:**

Please replace the Abstract with the following rewritten Abstract.

An adsorbent is disclosed which is formed either by coating an adsorption mass such as active carbon with a ~~gel-formable-like~~ substance such as the dibasic metallic salt of a macromolecular polycarboxylic acid, soybean curd, jelly, konjak, agar, perilla, gelidium jelly, or chitosanoxalic acid sale gel and subsequently subjecting the coated basis to a freezing treatment or by effecting the coating with the ~~gel-formable-like~~ substance already made to contain a frost damage preventing substance such as glycerin and subsequently depriving the coated basis of the frost damage preventing substance. This adsorbent, on being brought into direct contact with foodstuffs or ingested directly into the digestive system, effects highly efficient removal by adsorption of such food additive, fees additive, agricultural pesticide, food poisoning substance, allergen, heavy metal or highly poisonous organic compound as are suffered to adhere to or exist in the foodstuffs, such surplus nutrients as persist in the digestive system, such oligomers and additives as are contained in liquors, such metabolites of alcohol as are formed in the digestive system after assimilation of alcohol, such harmful substances as hydroperoxides of unsaturated fatty acids as are suffered to exist in oils and fats, and such components of offensive odor as emanate from fish.